



State of New Hampshire Wellness Program News

May 2011

Physical Activity and Health Make Every Day Count!

Yes, you've heard it all before. But we're not talking about an unreasonable commitment here. The Centers for Disease Control and Prevention (CDC) states that regular physical activity is important for good health, and it's especially important if you're trying to lose weight or to maintain a healthy weight.

- When losing weight, physical activity increases the number of calories your body uses for energy or "burns off." The burning of calories through physical activity, combined with reducing the number of calories you eat, creates a "calorie deficit" that results in weight loss.
- Most weight loss occurs because of decreased caloric intake. However, evidence shows the only way to *maintain* weight loss is to be engaged in regular physical activity.
- Most importantly, physical activity reduces risks of cardiovascular disease and diabetes beyond that produced by weight reduction alone.

Physical activity also helps reduce high blood pressure, reduce risk for type 2 diabetes, heart attack, stroke, and several forms of cancer, reduce arthritis pain and associated disability, and reduce risk for osteoporosis and falls. When it comes to how much physical activity you need, it depends on your age and whether you are trying to lose weight or maintain a healthy weight. Guidelines vary among different age groups and depending on whether you are doing moderate or vigorous activity. Not only is it best to **spread your activity out during the week**, but you can **break it up into smaller chunks of time during the day**. As long as you're doing your activity at a moderate or vigorous effort for **at least 10 minutes at a time**. For important health benefits, adults need at least 150 minutes of moderate-intensity activity every week or 75 minutes of vigorous-intensity activity every week (CDC).

Moderate: While performing the physical activity, if your breathing and heart rate is noticeably faster but you can still carry on a conversation—it's probably moderately intense.


Vigorous: Your heart rate is increased substantially and you are breathing too hard and fast to have a conversation—it's probably vigorously intense.

Physical activity and health is a wellness topic that Governor Lynch takes very seriously. New Hampshire's Governor's Council on Physical Activity & Health was formed in 1991 and Governor Lynch continues to support this Council, which is charged with the responsibility of promoting a healthy, active lifestyle for all citizens of New Hampshire. To read more about the Council, visit www.nh.gov/gcpah/.


















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May



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Health Observances

National Physical Fitness and Sports

National High Blood Pressure Education

Arthritis Awareness

Healthy Vision

National Osteoporosis Awareness and Prevention

Melanoma/Skin Cancer Detection and Prevention

5/8-14 National Women's Health Week

5/18 National Employee Health and Fitness



The sneaker on the calendar represents outdoor activity events posted on www.coolrunning.com as of 4/26. Activities include running, walking, and family events.

Check out these websites to find out wellness activities in your area:

www.visitnh.gov

www.healnh.org

Wellness Coordinator Corner



Stairway to the Mountains — Several agencies have registered for the “Stairway to the Mountains” including Justice, General Court, Veterans Home, Information Technology, Employment Security, and Administrative Services. Remember, only agencies need to register. Employees need to submit a “Participant Recognition Form” after they have stepped the equivalent of a mountain in the Presidential Range. There is no deadline for agencies to register, but there is a deadline for participants to be recognized each quarter and entered into the drawing for a free State Park pass. For more information on this program, visit admin.state.nh.us/wellness/Wellness_ActiveLiving.html.

April's Wellness Coordinator Training Session — Over 30 participants attended the April 14th training and received information and resources to make improvements in creating supportive, health-promoting environments relating to seven targeted individual behaviors. Presenters included Heather Fairchild with a stretching demonstration, Terry Johnson from the Healthy Eating Active Living Initiative, Wellness Coordinator of the Quarter awarded to Diane Burbank of the Department of Education, Bill Byron from LGC with a Self-Care workshop, Beverly Drouin on the Healthy Home Program from Health and Human Services, Michael Loomis with the 2010 Wellness Program Review, and Diane Caldon with the Calendar of Upcoming Events. All available presentations and handouts will be posted on the wellness website.



Bill Byron from LGC discusses Medical Self Care to Wellness Coordinators

Commissioner's Physical Activity Challenge 2011

The State Employee Wellness Program will once again hold the Commissioner's Physical Activity Challenge to motivate some friendly wellness competition. Last year, employees were collectively active for nearly 31,600 miles in just one week! This year, the Challenge will run from June 1st—June 30th.

This Challenge is designed to encourage people of all ages to get out, get moving and participate in daily activity.

Participants can count any physical activity as long as it is done at a moderate effort. This is to allow participants at all ability to join in. In order to participate, employees must sign up and track their miles of activity. If you are unsure of the amount of miles you are active, you may use the rule that 20 minutes of physical activity equals 1 mile. Awards will be presented in July to agencies that finish the month long Challenge with the greatest percent of employee participation, greatest amount of miles per participant, State Commissioner/Director and employee with the greatest amount of miles. **Look for an email from your agency wellness coordinator or check the wellness website for information.**

Wellness Worksite Workshops

Local Government Center

Women's Health—Men and women have different needs for obtaining optimal health and wellness. This workshop provides up-to-date information on a variety of women's health issues. Topics addressed include the history of women's health, the leading causes of death in women and risk factors. Resources, tools and tips on reaching goals to improve quality of life and overall health are provided.

To schedule this workshop, have your agency Human Resource or Wellness Coordinator contact Bill Byron at 800-852-3358 ext: 208 or e-mail at wbyron@nhlgc.org

Anthem

Understanding Your Blood Pressure—Whether diagnosed with high blood pressure and looking for ways to manage it, or just learning about this *symptomless* condition that affects 1 in 3 adults in our country, this workshop will guide you to a healthier you.

To schedule this workshop, have your agency Human Resource or Wellness Coordinator contact Lisa Marzoli at 603-695-7559 or e-mail lisa.marzoli@anthem.com

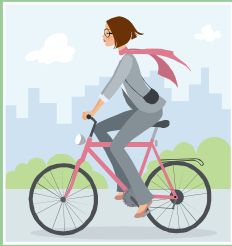
Employee Assistance Program

Coping with Uncertainty—The current economic situation, both nationally and locally, breeds uncertainty. Individuals, families and governments wonder what the future holds. This program addresses the issue of uncertainty head-on, by acknowledging present realities, understanding and naming resulting reactions and seeing how even fear can work to our benefit. Continuing with a direct approach, practical suggestions are offered as to how to deal with the "What if" question, and how resiliency plays a key role in dealing with uncertainty. Throughout the presentation, an analogy is used to bring the participants from a sense of despair to hope.



EAP

To schedule this workshop, have your agency Human Resource or Wellness Coordinator contact EAP at 603-271-4336 or visit www.dhhs.nh.gov/hr/eap/index.htm



Commute Green NH Challenges Drivers to Reduce 50,000 Miles

Commute Green New Hampshire is issuing a challenge—make four cars disappear in a week. Fortunately, it doesn't take magic to accomplish this feat. All it takes is green commuting. The Wellness Program encourages you to register a team or register your self for the upcoming statewide event - Commute Green New Hampshire. This year, they are challenging employers, municipalities and schools to reduce 50,000 vehicle miles traveled from May 16-20 as part of the Statewide Challenge. To participate, you simply need to live or work in NH, and commute by carpool, vanpool, public transportation, walking, biking, and telecommuting during the week. As of April 27th, four State agencies have registered teams including the Department of Justice, Agriculture, Administrative Services, and Environmental Services. An employee at Administrative Services even donated their parking spot located next to the State Annex to allow a bike rack to be stationed there in recognition of this Challenge.

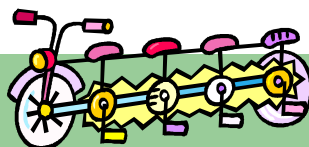
By reducing 50,000 miles of driving during Commute Green, NH residents could also save \$10,000 in gasoline costs and reduce the need for roughly 100 barrels of crude oil. Decreasing the amount of cars on the road also preserves the life of existing roadways, reduces air pollution, minimizes time spent in traffic, and keeps NH's landscape looking beautiful.

To begin participating, agencies should nominate a team captain to register their team between April 18 and May 13. Individuals on those teams can register themselves anytime and begin logging their miles starting on May 16. Individuals who do not have an agency participating in the challenge can still register themselves and start logging their miles beginning on May 16.

Registration is easy and all participants are eligible for great giveaways and coupons. The website will feature a leader board so that teams and individuals across the state can see how they are doing in real time. After the results are tallied, top achievers in a variety of team and individual categories will be recognized with certificates and giveaways. At the state-wide level, giveaways will be given to the individuals who log the most miles during the challenge in the following categories: carpooling (including telecommuting), biking, walking, and transit. People who green commute all five days will also be recognized.

Visit commutegreennh.org to find out more information about the event, and to see what agency teams have already signed up for the challenge. Please forward this invitation to other friends and colleagues that you know would be interested in participating. Stay up to date on their webpage, as they currently have weekly photo and trivia contests leading up to the big event.

Register by May 13th. If you have any questions, please visit the FAQ page on their website.



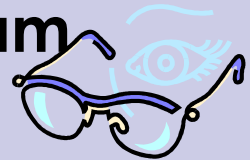
State Park Discount for State Employees



Any full-time New Hampshire State Employee is offered half price admission when visiting a New Hampshire State Parks day-use park, as well as Hampton Beach State Park, Wallis Sands State Park, the Flume Gorge or the Cannon Mountain Aerial Tramway. Proof of employment is needed, using a Department ID and a recent pay stub. Half-price camping is offered exclusively to employees of state agencies under the same collective bargaining unit as the Department of Resources and Economic Development. For additional information, including other park promotions, calendar of events, locations and park use, visit www.nhstateparks.org.



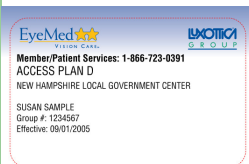
State Health Benefit Program Spotlight



May is National Healthy Vision Month

May is [Healthy Vision Month](#), a national eye health observance established by the National Eye Institute (NEI) in May 2003. NEI is one of the National Institutes of Health, an agency of the U.S. Department of Health and Human Services. Healthy Vision Month is designed to elevate vision as a health priority for the Nation. Millions of people living in the United States have undetected vision problems, eye diseases, and conditions. Today, eye examinations are also being used to detect diseases early such as hypertension, diabetes, and a host of other ailments. Check out the following benefit program opportunities:

Local Government Center



If you go to a provider who participates with EyeMed, you can get discounts on the following items:

- Vision Care Services (exam with dilation)
- Frames (35% off retail price)
- Standard Plastic Lenses (Single vision, bifocal and trifocal)
- Lens Options (ie: UV coating, polycarbonate, progressive, etc.)
- Contact Lenses (conventional only)

If you have questions about the EyeMed discount program or need to order an EyeMed discount card, please contact LGC at 800-527-5001

Anthem

- Routine vision exam (HMO & POS) – birth through age 18 (*one exam every year*) \$10 co pay
- Routine vision exam (HMO & POS) – age 19 and over (*one exam every two years*) \$10 co pay
- Eyewear benefit (HMO) - \$100 every two years per family member (Includes eyeglasses, frames and lenses, and contact lenses)



It's Your Time!

May 8–14, 2011

www.womenshealth.gov/whw

National Women's Health Week Fact Sheet

What is National Women's Health Week?

National Women's Health Week is a weeklong health observance coordinated by the U.S. Department of Health and Human Services' Office on Women's Health. It brings together communities, businesses, government, health organizations, and other groups in an effort to promote women's health. The theme for 2011 is "It's Your Time." National Women's Health Week empowers women to make their health a top priority. It also encourages them to take steps to improve their physical and mental health and lower their risks of certain diseases. Those steps include:

- Getting at least 2 hours and 30 minutes of moderate physical activity, 1 hour and 15 minutes of vigorous physical activity, or a combination of both, each week
- Eating a nutritious diet
- Visiting a health care professional to receive regular checkups and preventive screenings
- Avoiding risky behaviors, such as smoking and not wearing a seatbelt
- Paying attention to mental health, including getting enough sleep and managing stress

Why celebrate National Women's Health Week?

We all have a role to play in women's health. Women often serve as caregivers for their families, putting the needs of their spouses, children, and parents before their own. As a result, women's health and wellbeing becomes secondary. As a community, it is our responsibility to support the important women we know and do everything we can to help them take steps for longer, healthier, and happier lives.

It is also now easier than ever before for women to take charge of their health, thanks to the Affordable Care Act, a landmark health care reform law enacted last year. This

law gives Americans greater choice and better control over their own health care and includes changes that are especially meaningful to women. For instance, new plans must cover recommended preventive services, including mammograms, colonoscopies, immunizations, and well-baby and well-child screenings without charging deductibles, co-payments, or co-insurance. It also assures women the right to see an OB/GYN without having to obtain a referral first. To learn more about the new benefits and cost savings available, please visit <http://www.HealthCare.gov>.

When is National Women's Health Week?

The 12th annual National Women's Health Week kicks off on Mother's Day, May 8, 2011 and is celebrated until May 14, 2011. National Women's Checkup Day is Monday, May 9, 2011.

How is National Women's Health Week celebrated?

The nationwide observance is celebrated across America in communities, neighborhoods, towns, cities, counties, hospitals, health centers, businesses, schools, places of worship, recreation centers, and online. Anyone who wants to help make women's health a top priority can celebrate, including local and national health organizations, local, state, and federal governments, women's groups, local and national businesses, social service agencies, media organizations, libraries, and schools. Organizations large and small hold events, such as free screenings and health fairs, give out educational materials, issue proclamations, conduct media outreach, spread the word through social media, and more.

For more information about National Women's Health Week activities or to become a partner, visit <http://www.womenshealth.gov/whw> or call 800-994-9662 (TDD: 888-220-5446).



U.S. Department of Health and Human Services
Office on Women's Health

womenshealth.gov
1-800-994-9662 • TDD: 1-888-220-5446